

## A Senior Citizens Silent Killer Which Still Remains Ghost to Many

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### Editorial

The Silent Generation has slowly become the Forgotten Generation to both researchers and physicians. Pharmaceutical companies make millions, if not billions of dollars off of them by developing more and more expensive drugs which are generously handed out to them by well-meaning physicians and care givers. Research, however, slowly moves away from them and toward the well being of the younger generation. The elderly population, once revered military fighters, teachers, nurses, homemakers, scientists, artists, musicians and leaders, fade into the background and are discarded by many as past their usefulness to the American society as a whole. This article explores a Silent Killer. Silent because most physicians know little about it, researchers in The United States have little information on it, and Killer because most elderly people are unaware that it's functioning in their bodies. The Killer being discussed in this article is the malignant, early morning blood pressure spike.

Early morning, malignant blood pressure spikes in seniors remains an under studied and misunderstood disorder most often found in seniors primarily due to aging bodies, neurological dysfunction, and misfiring of early morning hormones. These malignant spikes [blood pressure readings over 200/110 mmHg] spike in a matter of minutes. Most seniors are unaware of these spikes. Studies show that the most common time of day for heart attacks is in the morning and these early morning heart attacks lead to more heart damage and fatalities than during any other time of day. According to an article released by the Mayo Clinic, there is a 5-year survival rate of 75%-84% if seniors are treated for these spikes. In the untreated the survival rate is less than 2 years. While the leading cause of death among adults 65 and older in the US, according to the Center for Disease Control [May 17,2021] is heart disease,

research into these deadly spikes and their role in heart attacks and strokes is negligently small in the United States.

A Japanese study of 10,000 elderly Japanese citizens, over a 5-year span with up to a 10 year follow up, was published in 2010 but unlocked in 2020. This author was then able to examine the results and gather additional information. The lead doctor was Dr. Kazuomi Mario, although hundreds of Japanese doctors participated in this study. They reported that surges of >55mmHg had a higher hemorrhagic stroke risk, surges of >34 mmHg had a higher cardiovascular risk and that all of the different morning blood pressure surges were associated with cardiovascular events.

This author was unable to find any case histories or meaningful research in her search of the literature in the United States. According to some medical personnel [[medicap.net](http://medicap.net)] that the treatment was to lie down and take some deep breaths as a way to quickly lower these dangerous spikes. That thinking was closer to a 5 years olds magical thinking than to a well-documented, long term study of this disorder. This author is well aware of what it takes to quickly lower these spikes and eventually eradicate them since they have been a part of her life for more than 10 years.

A 9 year, daily case study was initiated by this author and a colleague in September of 2011. This study was initiated out of a scientific curiosity as well as an attempt to end the spikes and prevent her own demise. At least 6 BP readings were taken daily, for a 9-year period. Every spike was recorded, as well as every medication tried, time of day and amount of the medication and the final results. Doses of medication were altered, medications were removed and then re-introduced, every spike was noted until the end of year 7 when the medication to stop these spikes was finally validated, with the time of day taken, which was extremely important in this study. It is the hope of this author and colleague that